

**HUBUNGAN SENAM HAMIL DENGAN KELANCARAN PROSES PERSALINAN PADA
IBU BERSALIN DI PUSKESMAS KECAMATAN PLAMPANG SUMBAWA
NUSA TENGGARA BARAT**

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ABSTRAK

Latar Belakang : Saat ini angka kematian ibu karena proses kehamilan dan persalinan di dunia masih tinggi. Salah satu dari beberapa penyebab kematian ibu dan bayi baru lahir adalah partus lama. Partus lama didefinisikan sebagai persalinan yang berlangsung lebih dari 18 jam dihitung dari munculnya tanda-tanda persalinan. Partus lama dapat menyebabkan infeksi, kehabisan tenaga, dehidrasi pada ibu, bahkan dapat terjadi perdarahan postpartum yang menyebabkan kematian ibu. Resiko kematian bayi juga meningkat pada infeksi, cidera dan asfiksia pada janin. Penelitian ini bertujuan untuk menganalisis hubungan antara latihan senam hamil dan kelancaran proses persalinan pada ibu bersalin.

Metode Penelitian: Penelitian ini menggunakan metode retrospektif dan rancangan penelitian case control, menggunakan data sekunder. populasi penelitian terdiri dari 83 responden dan sampel sebanyak responden menggunakan purposive sampling Teknik Analisa data yaitu analisa univariat dengan distribusi frekuensi dan analisa bivariat dengan uji chi square (χ^2).

Hasil : Berdasarkan hasil penelitian menunjukkan bahwa pelaksanaan senam hamil sebagian besar ibu hamil mengikuti kegiatan senam hamil yaitu sebanyak 56 orang (68%). Kelancaran proses persalinan pada ibu hamil di Puskesmas kecamatan Plampang sebagian besar lancar sebanyak 51 orang (85%) dan pelaksanaan senam hamil efektif terhadap kelancaran proses persalinan di Puskesmas kecamatan Plampang .

Analisa : Hasil uji Chi Square dengan melihat *continuity correction* diperoleh nilai P value 0,000 ($<0,05$) dan OR = 20,4.

Kesimpulan : dapat disimpulkan bahwa Pelaksanaan senam hamil efektif terhadap kelancaran proses persalinan di Puskesmas kecamatan Plampang ditunjukkan dengan ibu yang mengikuti senam hamil akan 20,4 kali lebih besar peluangnya proses persalinannya lancar dibandingkan dengan ibu yang tidak mengikuti senam hamil.

Kata Kunci : *Senam Hamil, Kelancaran Proses Persalinan*

**. THE RELATIONSHIP BETWEEN PREGNANCY EXERCISES AND SMOOTH
LABOR PROCESS IN MOTHERS IN LABOR AT PLAMPANG DISTRICT
HEALTH CENTER, SUMBAWA, WEST NUSA TENGGARA**

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ABSTRACT

Background: Currently, maternal mortality due to pregnancy and childbirth in the world is still high. One of the causes of maternal and newborn deaths is prolonged labor. Prolonged labor is defined as labor that lasts more than 18 hours calculated from the appearance of signs of labor. Prolonged labor can cause infection, exhaustion, dehydration in the mother, and even postpartum hemorrhage can occur which causes maternal death. The risk of infant death also increases in infection, injury and asphyxia in the fetus. This study aims to analyze the relationship between pregnancy exercise and smooth labor in mothers.

Research Method: This study uses a retrospective method and case control research design, using secondary data. The study population consisted of 83 respondents and a sample of 1,000 respondents using purposive sampling. Data analysis techniques are univariate analysis with frequency distribution and bivariate analysis with the chi square test (X²).

Results: Based on the results of the study, it shows that the implementation of pregnancy exercise, most pregnant women participated in pregnancy exercise activities, namely 56 people (68%). The smoothness of the delivery process in pregnant women at the Plampang District Health Center was mostly smooth, as many as 51 people (85%) and the implementation of pregnancy exercise was effective for the smoothness of the delivery process at the Plampang District Health Center. Analysis: The results of the Chi Square test by looking at continuity correction obtained a P value of 0.000 (<0.05) and OR = 20.4.

Conclusion: It can be concluded that the implementation of pregnancy exercise is effective in smooth delivery processes at the Plampang District Health Center, as indicated by mothers who participate in pregnancy exercise will have a 20.4 times greater chance of a smooth delivery process compared to mothers who do not participate in pregnancy exercise.

Keywords: Pregnancy Exercise, Smooth Delivery Process